

Nutrition News: Get Fit

Who?

Everyone in the family can benefit from regular physical activity.

Why?

Regular physical activity is important for good health. It can help you maintain a healthy weight and decrease your chances of developing many diseases such as heart disease, diabetes and high blood pressure.



How?

Use the tips below to help make physical activity a regular part of your family's routine.

1. Make physical activity a family time. Try taking an after-dinner walk or plan a weekend trip to the local swimming pool or park.
2. Plan age appropriate activities.
3. Make physical activity enjoyable by focusing on fun rather than skill.
4. Limit television to one to two hours a day.
5. Expose your kids to a variety of activities and let them choose which ones they like best.